

## **Book Review**

**Title:** *The Down Syndrome Nutrition Handbook, A Guide to Promoting Healthy Lifestyles*

**Author:** Joan E. Guthrie Medlen, R.D., L.D.

**Publisher:** Baltimore: Woodbine House, 2002

Paper, ISBN: 1-890627-23-2, 352 pages

**Cost:** \$19.95

**Reviewer:** Martha Guinan, MPH, Center on Disability Studies, University of Hawai'i

*The Down Syndrome Nutrition Handbook* is written by the ultimate authority - a practicing dietician and mother of a young man with Down syndrome. The Handbook is based on years of personal and professional experience and supported by the latest medical research and insights from other parents and adults with Down syndrome. This well written, person-centered, and health-centered book is intended for the parent, with practical advice and tips that could only come from another experienced parent. The result is an outstanding resource for people with Down syndrome throughout their life span and for the people that help them. A wide variety of topics are addressed from bottle versus breast feeding, general nutrition to nutritional intervention for diabetes mellitus, alternative therapies, celiac disease and other health issues. Ms. Medlen discusses selecting shoes, promoting active lifestyles, and teaching your child to be responsible for their own good health. The book also includes growth charts, suggested documents to include in your child's 504 plan and recipe templates for understanding how your child grows. It truly is an invaluable resource to have all in one place.

This Handbook helps parents, dietitians, and therapists understand the connection between Down syndrome, lifestyle, and nutrition. It is beneficial when read cover-to-cover or when used as a reference book. The writing style is clear and the pictures make it a valuable education tool for people with a wide variety of reading abilities. It is the assistant every parent needs to guide their children toward a healthier future.